

11/27/14

Talk

-Schedule and importance of managing weight properly

-Eat sensible.

Warm up

regular

Quick Drills

Angles Drill:

(Drags, Inside Tie Passes and Elbow Passes)

Focused on footwork (side step and penetrate)

Hit power shots

Spar 2-3 minutes

Technique

Tight Waist Grind to Cross Wrist Offense

Lay on the leg grind when opponent is defending Tight Waist to Cross Wrist offense

Live

Situational:

Started with tight waist

Started with Cross Wrist

Demon Drill

Conditioning

Lift with partner 30 seconds max effort -switch-then move to next station.

Circuit Stations in room: 1. Shots with Band 2. Pull ups 3. Foot Fires 4. Cuban Press w/ Bands 5.

Kettlebell Push Ups 6. Wrist Roller (arms straight) 7. Curls w/ Bands 8. Thrusters with Dumbbells 9.

Lateral Raises with bands 10. Pushups with Partner Resistance 11. Jump from Shins to Feet 12. V-ups

Notes: